

Benefits of a masticating juicer over a centrifugal juicer

- 1. Less oxidation of nutrients** — higher retention of nutrients
 - Slow turning/RPM (e.g. ~80-110 rpm) generates less mixing of food and air
 - Less oxidation of nutrients
 - Maximum amount of nutrients are preserved
 - Longer shelf-life up to several days
- 2. Less heat inactivation of nutrients** — higher retention of nutrients –
 - Slow turning/RPM = less heat
 - Some nutrients (e.g. enzymes) are sensitive and get destroyed by heat
- 3. Better efficiency of juice extraction** — higher yield —
 - Lower fruit/vegetable cost in the long run – Just look at the pulp.
- 4. Longer shelf-life** — take your juice to work!
 - Less foaming, less mixing of juice with oxygen and therefore less oxidation
- 5. Quiet operation** –
 - The faster the noisier, the slower the quieter
- 6. Safer, easier/quicker cleaning**
 - No sharp edges
- 7. Cleaning is easy**
- 8. Auto pulp-ejection function for continuous juicing**
- 9. More efficient with leafy greens**
- 10. Can handle nuts – nut milks, nut butters**
- 11. Up to 15 year Warranty**

Best Masticating Juicers

Omega, Champion, Green Star, Breville and Super Angel . You can order these through Amazon normally.

Organic Shop in Seef also has masticating juicers however they were very pricy it is a better deal to order them via Amazon or Mercola site and ship them – will cost you much less.

Here is the link for Mercola Juicer <http://products.mercola.com/juicer/> that I recommend as it seems to be a very good one, silent, with auto feeding device and not so expensive (about 85BD). Make sure you get it with **European power supply** when you order. Few clients of mine have ordered it here in Bahrain and when shipped by Mercola's web site (and not Aramex) the shipping charges were as low as 26BD!

I do recommend masticating juicers over spinning ones however do not recommend one brand over the other. I myself have a Champion juicer that is a bit more expensive but has lasted me now over 11 years! If you cannot or do not want to invest into masticating juicer even the ordinary juicer is far better than not having one.